

# BRIDGES

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Multicultural Gravelbourg offers snapshot of area's heritage **P. 15**

## ON THE SCENE:

At the Western Canadian Breeders Arabian Horse Showcase **P. 20**

## SHARP EATS:

Will ordering food online become the way of the future? **P. 28**

THURSDAY, JULY 18, 2013

A STARPHOENIX COMMUNITY NEWSPAPER

## TO THE POINT

MARGARET TOSH HAS EXCELLED  
IN SPORTS AS AN OLYMPIAN  
AND MASTERS CHAMPION **P. 6**



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## # ON THE COVER PG. 6



Maggie Tosh finds it her way to the upcoming Masters Amateur Championships in August at the end of July. **PHOTO BY MICHELLE BERS**

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## # MY FAVOURITE PLACE PG. 5



Pen Arts Fencing Championships silver medalist Shannon Cornfield poses at the Saskatoon Fencing Club for her favourite place in the city. **PHOTO BY MICHELLE BERS**

## BRIDGES COVER PHOTO BY MICHELLE BERS

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# IN THE CITY

# JULY 14, 2013 — 2:10 P.M.

## Day of wonder



Gaston Lightfoot as the cat collar in an adaptation of Alice in Wonderland in Disney Park. The Sans Theatre Ensemble is performing (see shows based on the Lewis Carroll classic in 19 Gaskelton parks this summer).  
PHOTO BY MICHAEL R. ROSE

## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

## Athlete feels at home at fencing club

By Angelina Irtinich

Sherron Corcoran has spent a lot of time at her favourite place in Saskatoon. She's been going to the Sally Seapine Fencing Club for over 16 years and spends at least 15 hours a week training there.

The 35-year-old started fencing more than 25 years ago and has had ample success in that time, she's been on the junior and senior national teams for years and was part of the Canadian women's foil team that made history in 2003 when they placed among the top eight teams in the world — the best result by any Canadian women's foil team.

She recently was awarded a silver medal as part of this year's Canadian women's foil team at the Pan American Fencing Championships in Colombia.

Corcoran says there's nothing better than coming home to her favourite place, the Sally Seapine Fencing Club, after successfully competing around the world.

**Q** What is the atmosphere like at the Sally Seapine Fencing Club?

**A** It's not just elite athletes focused. We have a mix of members, middle-aged and teenagers who are there for us. I know they have classes for young kids. I think as young as maybe eight years old and older members who are up into their 60s. There's a wide spectrum of members involved so it's always positive, it's always fun. We do have our elite athletes who are there with more of a serious focus, but if it's always a fun and positive atmosphere, no matter what, even if there are a few people who are more serious — it's for my body and my mind who wants to come out.

**Q** Why is the club your favourite place in Saskatoon?

**A** It's where I spend the majority of my time. I have a lot of friends in Saskatoon and it's kind of my get away from everything place. If I'm



She's An Fencing Championships silver medalist Sherron Corcoran poses at the Sally Seapine Fencing Club at 444 First Ave. North (ac) Sherron Corcoran

having trouble in school or stressed out with work or whatever, I can just go there and let everything out there, work out a good sweat and let all my stress out.

**Q** What do you do when you're at the Sally Seapine?

**A** I do other training outside of the club, just dry land stuff, but when I'm in the club I really focus on the fencing aspect. I work with my par-

tner coach and there's always going to be technique training. The coach wears a vest and we're able to hit them all kinds of different ways. There's some target practice work where we're working on our aim and accuracy. We always have footwork drills to increase our speed and agility and then there's sparring. We're able to start up and play in and compete with our team mates.

**Q** Do you do anything else other than fencing while you're at the club?

**A** There are different times throughout the year for different holidays we always get together and have a potluck. A community thing where everyone brings food. We have laughs and share stories together. There are all kinds of community get-togethers that we have so it's not always just fencing focused.

**Q** Are you training with a specific goal in mind?

**A** I was working for qualifying for the 2016 Olympics and unfortunately I suffered a pretty severe injury to my knee and I've recently had surgery.

So, my next goal is the 2018 Olympics and I'm hoping to train out of Saskatoon throughout the whole process and hopefully qualify.

## ON THE COVER

People can't believe I still want to do it but I say 'I have all this energy!' — Margaret Tosh

# MARGARET TOSH

## Former Olympian still has golden ambitions

At age 75, Tosh participates and coaches track, along with her many other activities

By Jenn Sharp

There's a big dent in Margaret Tosh's sled, like it with a hammer. No, not that kind of hammer — the hammer that Olympic athletes throw in track and field competitions.

The same hammer almost took out one of her front teeth. Practising to her backyard, the 75-year-old athlete doesn't hold back. She never has.

Tosh's next competition is the Masters Athletics Championships in Regina at the end of July. She is back square's Master Athlete of the year and will also be inducted into the Canadian Masters Hall of Fame during the championships.

"People say I believe I still want to do it and I say 'I have all this energy! If you have energy you have to use it,'" she says.

Tosh is used to breaking records as well as sleds.

It started in 1981 when Margaret George set a new open record in javelin at the Canadian Olympic Trials in Blenheim, Ont. The distance was unequalled for almost a decade. The throw was exactly enough to get her into the Melbourne Olympic Games. After that, she settled down with George Tosh, raised a family (three children), and saw four grandchildren, coached and farmed.

Eventually, she decided to compete again. Seven years ago she started a weightlifting program and learned the hammer throw. She's now in an older age category at the Masters. It's one that comes with a reduced three-lb. weight — hence the damage to her back and, she's too strong for the new weight.

Tosh's day begins with practising the hammer, weight throw and shot put at home. She then goes to Gordon Howe Park to practise javelin and discus.



At 75, Margaret Tosh stays in shape with daily workouts and by practicing the five events in which she competes in weight pentathlons. BRUNDT PHOTO BY MICHELLE REBO

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All along I've always said my life's been a bit of a fairy tale. Having being born in this one-room log cabin — it's like a Cinderella story, really — Tosh

She exercises throughout the day — a routine of stair climbing, weightlifting and core work. Spreading out the work helps her build the stamina she needs to get through a demanding weight-pen trial.

When she's not exercising, she's tending to the plants that will feed her body. She and George, "her prison" keep a huge garden behind their Montgomery-area home, along with a small orchard filled with sour cherries, black currants, apples and baking berries.

You won't find sugary sweets on this grandma's kitchen table. More likely it will be a bag of homemade oatmeal for you to take home. Tosh is a firm believer in eating clean.

Warm and welcoming, she's dressed in a yellow shell dress highlighted by a blue beaded necklace. Short-pinned hair frames her bright eyes and beautiful skin. She doesn't look a day over 60 and laughs as she remembers telling her granddaughter the secret to fighting wrinkles: Homemade lotion, which is full of thassoni.

When she was in her 40s, she was diagnosed with being on the verge of Type 2 diabetes. Her children had become her life's focus. She had not been taking care of herself.

"They take a lot of time and of her and money."

In one sitting, she went home from the doctor's and said, "Nope, I'm not going to deal with this."

She started running, lost 50 pounds and "never looked back."

Tosh has lived on incredible diets, one that has taken her from a farm near Mexico, back to representing Canada at the Olympics and then on to with Joe Griffiths (Saskatoon's downtown track and arena coach) who coached both Tosh and the Canadian Olympic team in 1988 and 1990.

\*\*\*\*\*

In May, Tosh was given the WYCA Women of Distinction Lifetime Achievement award. Her acceptance speech was both inspirational and funny. She credited growing up on the farm for her athleticism, strength and work ethic.

"She was an expert weight train-



When Margaret Esham's training she had to work in her outdoor vegetable garden which she calls her "happy place." ABOVE: PHOTO BY MICHELLE SARA

or and more was a maintenance."

"All along I've always said my life's been a bit of a fairy tale. Having been born in this one-room log cabin — it's like a Cinderella story, really."

Tosh's road to becoming Canada's first female triathlete began when her teacher encouraged her to try track. He knew how well she could throw. The first year she made the provincials. At 15, she went to Toronto and worked with Canadian

Olympic training team.

Several years later, at just 20, she would make the Olympic team with a record-breaking javelin throw.

Tosh's Olympic experience was not as glamorous as she once remembered. The javelin is made as the result of the story of being one of seven girls on Canada's track and field team.

Things were different then, girls couldn't compete in a number of sports and were given a fixed-off area within the Olympic Village.

There was even a guard at the gate. Her day began with a guard who asked about the need for a guard.

"Well that's how precious we were. We had to be guarded."

The minimum throw was 45-50 meters. Tosh had thrown further than that. Just set a new Canadian record at the Olympic trials. Due to injuries in the two weeks before her event, she was throwing far less than ever (as far as the women who later placed in the top 15 in the

Olympic final). And she had always thrown further in competition than she did in practice.

It still bothers her to talk about what happened.

All of Melbourne turned out to watch the Olympics. Tosh came to a stadium and it was nearly as possible to walk on the sidewalks. Tosh had made arrangements with the team's bus driver to be at the stadium for an hour warm-up on the field before her event.



I was only 19 years old. I'd never been to an international competition before . . . And here you are, all by yourself (on the field) — Tash



Margaret Tash looks through old family photos. PHOTOGRAPH BY MICHELLE BRETHERTON

"Mr. Griffiths had taught me to always go early so you can get yourself focused so you can do enough throws that you know every thing is flowing," she says.

Griffiths had also instructed her to have her coach at the Olympics sign out a wooden jacket for her to practice with (she had only ever thrown a metal one). That never happened.

Then, two days before her event, the team manager said he would pick her up and drive her to the Olympic stadium. He was late, but every one picked her up at the time she had planned on being on the warming field. By the time she arrived, she was physically ill, thinking she would vomit her event. That tension held like a weight during the four throws to the stadium.

She got there just in time for her event. She threw 41.35 meters — less than the distance that got her to the team.

"And that pretty felt awful. I was weak. I had no energy," she remembers.

People told her she should have been prepared for the pressure.

"I was only 19 years old. I'd never been to an international competition before. There were 100,000 people in the stands. And here you are, all by yourself on the field."

Since then, Tash is always the first one at a track meet.

"If you be there, that's all. And when I'm there, I can relax. If I'm not there, I can't relax."

For years, she never talked about her Olympic experience, but later began sharing it with athletes she coached. Her eyes water as she recalls it now. But then her grin comes through. She gives her head a shake and relates how she's used the lesson.

"I taught all my athletes if it comes to something big, don't ever let anybody else have control. You be in control. Don't rely on anybody else."

Continued on Page 30

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ENDS  
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You teach a kid to be as good as he can be with the talents that he has. And get them to believe in themselves. That to me is crucial. Kids have to learn how to believe in themselves — Tush

♦ ♦ ♦ ♦

Prakette Mirona Wilson grew up in Harris. Tush coached her at track from Grade 6 until the 1989 Jeux Canada games in Saskatoon, where Tush was the only female track coach.

"She was fantastic. You couldn't ask for anyone better," says Mirona Wilson.

Mirona Wilson's relationship with Tush goes beyond the track. Tush and Wilson were just 18, her mother died. Tush had been close friends with Mirona Wilson's mother and took over that role after her death.

"I often spent weekends at their farm, to get used to being without a mum at such a young age. And now she's one of my best friends. She's one of my closest confidantes."

After years of coaching athletes in Harris, Tush still likes accepting the next generation. She currently coaches the youth members at the Saskatoon Track & Field Club. Her coaching style says a lot about her own experience.

"You teach a kid to be as good as he can be with the talents that he has. And get them to believe in themselves. That to me is crucial. Kids have to learn how to believe in themselves."

Tush cites numerous positive people that influenced her life: her parents and Griffiths to name a few. She now tries to have that influence on the athletes she coaches.

She remembers shooting a picture of the lay cabin she grew up in to her son, old Ty. Practitioner, a track athlete she's coached for the past two years.

"It doesn't matter where you come from, it's where you're going that counts," she told him.

Ty's dad, Marc, says Tush has taught him so much more than track skills. She has made Ty see success in a different light, showing him it's possible to train and compete into the golden years. "The level of commitment it takes to do what she's done (and) to be successful — especially at the age of 75. I think it's really shows him (what it takes) if he wants to achieve things."

And having an Olympian for a coach isn't too bad, either.



The farm where Margaret Tush grew up near Mirona, Saskatchewan



A home and a car that Margaret Tush and her family used for Christmas photos



Margaret Tush (third from the left) and her sisters, Nicole



The farm where Margaret Tush was born. Screenshot provided

To this day, that is one of (Tosh's) proudest coaching moments — seeing (a girl she coached) get that bronze medal. — Paulette Mireau-Wilson



Margaret Tosh's assorted bright, painted equipment, donated spoons to seniors at home

"She's a legend in this sport," says Marc White. Ty is affectionately called the modelled in six of the seven events he was entered at a recent track meet. Tosh doesn't necessarily coach only the best.

"Getting kids out there and performing (is) the best of their own abilities. It didn't matter if you got stuck in your middle or fell, as long as you did your best — that's what she wanted."

Mireau-Wilson remembers a young girl who didn't excel at sports in high school. She joined the club and learned what just practicing meant.

"I don't think anyone's expectations were very high for her," says Mireau-Wilson.

The girl ended up winning the bronze medal at high school provincials that year.

"To this day, that is one of (Tosh's) proudest coaching moments — seeing her get that bronze medal."

Mireau-Wilson says Tosh, who still hangs on the trackside with her grandchildren, understands her motivational abilities.

"She sets goals for herself. She's still out there competing. Just her presence inspires everyone because she's an Olympian. I don't think even she realizes the effect she has on people because she's very humble."

Back at home, Tosh walks heavily through her garden stopping to pick a weed or plant out a new plant coming up. It would be hard to keep up but her willingness to continue. An Olympian in the home, Tosh plans on competing

### Margaret Tosh's guide to healthy living:

- No processed food. "The problem isn't what we eat. It's the over processing of everything that is causing our downfall."
- Bake your own bread using as little yeast as possible.
- Avoid sugar — eat fresh fruit for your sweet fix.
- Eat food daily. It's full of Omega-3 fatty acids which lowers cholesterol and improves joint, bowel, lung, mental and skin health.
- No coffee. It's harmful to metabolism.
- Grow your own vegetables if you can. First shop at a farmer's market or buy organic produce.
- Exercise regularly, especially your core.

for many years yet. "Throughout a competition, peppered with healthy eating tips and workout advice is an underlying theme. It's not just the individual journey that counts — it's the support system that enables one to achieve great results."

"If you want to excel at something you have to surround yourself with people that will help you," she says.

Growing up Tosh had these people. In turn, she's provided it to many Saskatchewan athletes and will continue to inspire the next generation of Olympic hopefuls.

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## CITY NEWS

# POTASHCORP KIDS IN THE PARK

## Free soccer program keeps kids active

By Angelina Irimaci

Parents and children looking for more summer activities can now add soccer to the list. Every weekday this summer, children and teens aged four to 18 have the opportunity to play free drop-in soccer through Brokenline Youth Soccer's program, PotashCorp Kids in the Park. This summer's program started on July 3 and runs until Aug. 31.

Four certified instructors have the city covered. Traveling in pairs, they take the program to different neighborhood grounds around the city. They visit 40 different City of Brokenline playgrounds and youth centers between six to eight times each. These instructors can just drop in at their neighborhood park at the scheduled time for one hour of instructional soccer. And, since it's drop-in, kids can come and go as they please during the hour.

"We're not so much focused on how well they can play but just getting them active and introducing them to soccer," says area coach PotashCorp Kids in the Park coach, Ali Goodman.

The program, in its sixth summer, was implemented to keep children in mind and interested in soccer while eliminating financial and transportation barriers. With organized outdoor soccer ending in early July and indoor not starting until the fall, Brokenline Youth Soccer program coordinator Octaviano Datin says the organization wants to fill the gap and keep kids interested in the game.

"We know there were lots of kids interested in playing soccer and we just wanted to find the best accessible way for them to do that."

Seven-year-old Jacob Henderson is one of them. He played indoor soccer in the fall and winter but didn't play outside this season. He says he likes to score goals, run and play soccer with his five-year-old sister Kasey. He gave her a pat on the arm and told her "good job" when she stopped a goal.

"I haven't played soccer in a long time, so it was exciting," he says.

That's what Cory Henderson says they



Five-year-old Jacob (pictured above) and Sarah Henderson (picture to right) play free soccer at Brookwood Park on July 4. (Photos courtesy of Brokenline Youth Soccer)

were visiting the splash park at Brookwood Park when he was trading about other activities offered this summer. He asked the kids if they wanted to play soccer and the answer was a definite yes. When the day came, the two could hardly contain their excitement, Cory heard about it all morning.

"Is it 1:30 yet? Is it 1:30 yet?" (They asked.) All day long," he recalls.

Cory says he appreciates the convenience of the program — it's an easy way to break up the middle of the day when the kids aren't in school. He adds that it's important to teach children about the "talking" importance of keeping physically active.

"I think it's great. It gives the kids a chance to get out, get participating (while) getting to know some of the

people in their community."

The hour of instruction starts with PotashCorp soccer into children's games like soccer or Simon says, followed by drills like dribbling through cones and ending with a scrimmage. The coaches guide, encourage and teach the kids new skills along the way. Datin says the kids enjoy playing the sport without the regular demands during an organized team practice.

"Having fun is the main goal," he says. "Working with the kids and seeing progress and seeing the fun in their eyes is probably the biggest reward out there."

To see when the program is in your neighborhood, check out [www.brokenlineyouthsoccer.org](http://www.brokenlineyouthsoccer.org) or call 306-970-3113.





# FASHION

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## \* SUMMER FASHION

### Margaret Bessai: Layers work from hot to cold

By Ashley Martin

"I think that when your clothes make you feel comfortable, they just give you that extra sense of confidence. That's what I strive for," says Margaret Bessai, a hair stylist at the Design Art Gallery in downtown Segins.

That may never be more true than in the summertime, when staying comfortable can be difficult.

"You're outside and you're sweating, and then you go inside and it's air-conditioned, and plus you have to be slightly businesslike at work, so it's tricky to manage."

But Bessai is up to the challenge. At work, she dons light jackets, sweaters, and her new found love — scarves.

"You can add the scarves and you can kind of change the outfit completely. It's quite practical because ... you can adjust the scarf to keep you warmer or cooler."

According to a habit, Bessai wears up when she can. Now 32, she's a closet full of neutrals to achieve a "fairly conservative" style made it easy to get dressed in the morning.

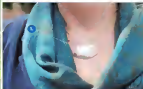
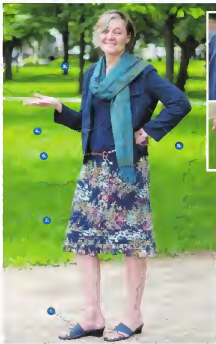
"That was just to help me get up in the morning and be able to pull stuff from the closet and not worry about matching it," says Bessai. "I just really want something that's simple and elegant."

The same goes for dressing up. For art openings, Bessai has a few little black dresses she cycles through for ease.

"If you just put on a dress that has a good cut, you can (add) scarf or some jewelry or different shoes and it always looks elegant but a little bit different."

She picks up clothes at the mall or vintage stores and at clothing swaps with friends, but is more selective with jewelry.

"A lot of my jewelry is sentimental, I made by artist friends all mine ... I like wearing something that someone has made, that I know



## Outfit

- NECKLACE:** By Deb Potter. "I think this is a reclaimed silver but she's done such an elegant job with it, you don't look at it and go, 'Oh that woman's wearing a spoon on her neck.'"
- BRACELET:** Silver and enamel glass beads by Jo Anne Louder.
- SCARF:** U of T Bookstore. "It's a really retro colour scheme."
- SHIRT:** From Phoenix AZ. "Just a simple tank top, because it's hot."
- JACKET:** The Gap.
- BELT:** Eddie Bauer. "Every now and then you can go into a store and you see first stuff that you wouldn't expect. This belt was one of them."
- SHIRT:** From a friend.
- SHOES:** The Gap.

Margaret Bessai makes summer layers work. Bridges Photos BY ANDREW MARTIN



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THURSDAY, JULY 16

SHOPPING  
10am - 9pm

FRIDAY, JULY 17

SHOPPING  
10am - 6pm

SATURDAY, JULY 20

SHOPPING  
10am - 3:30pm

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- SABC / SABCAN
- TONIC URBAN ROUTINE
- FRASAY
- HONEY RUN CAFE
- FEEL LIKE TALKING CONNECTIONS
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# AY TRIPS

Have you been on a perfect Saskatchewan day trip? We want to hear about it. Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # GRAVELBOURG

# Get out of the city and get in touch with history

By Angelina Irimaci

Wouldn't it be nice to get off to Gravelbourg for the weekend? For most of us, that isn't an option. But, there is a close alternative and it's right here in Saskatchewan. The historical town of Gravelbourg. After all, its motto is a touch of Europe in the Prairie.

Just over a three hour drive from Saskatoon and about two hours from Regina, the multithrilled town of around 1,200 people has a lot to offer in its outer days. It was a principal French speaking community and the language can still be heard on the streets of Gravelbourg. It's home to eight different heritage buildings including The General of Jean and Mary (near the elementary school), the courthouse, post office and the Gusty Theatre, which is one of the last remaining movie theatres in rural Southern Saskatchewan. The popular Our Lady of the Assumption Roman Catholic Co-Cathedral is also a heritage site and Gravelbourg's assistant administrator Roy Martin's favourite thing about the town.

"You just have to see it. It's breath taking," built in 1810, the cathedral took one year to build and 10 years to paint. The interior is complete with stained-glass windows, around 300 painted angels and three bells — one weighing 600 kg. It's still open for public medieval style glass in green and French and English.

The cathedral is part of the Gravelbourg and District Museum's Heritage Walking Tour. The guided tour lasts about 30-45 minutes and is offered in both French and English. The museum boasts exhibits from Gravelbourg's past like Dr. Antoine Soucy's medical collection (the town's first doctor), old-fashioned advertisements shown during soccer at the Gusty Theatre in the 1960s, and 100 and old photos of some of the houses in Gravelbourg. "People like to go visit the houses after they see the pictures," says tour guide Shana van Breda.

It costs \$15 per person for the



The Our Lady of the Assumption Roman Catholic Co-Cathedral. BRAD TITTS PHOTO



Gravelbourg Mustards offers an array of gourmet prepared mustard mustard. BRAD TITTS PHOTO

guided tour and entrance to the museum or \$20 just for museum access. Summer hours are Monday-Saturday 9 a.m. to 5 p.m. and Sunday noon to 5 p.m. Tours are available by appointment all year round. Groups of more than five are suggested to call ahead and book an appointment: 306-668-3334.

Historical architecture isn't the only thing Gravelbourg has to offer. Val Mulcauld, the owner of Gravelbourg Mustards, makes prepared mustards right in Gravelbourg. She's proud to say that 80 per cent of the mustard grown in the world is grown in Saskatchewan. "That's a huge number. And what are we doing with that resource? Not too much. Or people just don't know that information," says Mulcauld. She and her team broadcast on the exception

of one machine) six different flavours of prepared gourmet mustard: Saskatoon berry, cranberry, French, German, the top-selling garlic and the brand new jalapeno. Mulcauld also created two dry seasonings, a cookbook and a must-have. Her retail store is in Saskatchewan and Alberta as well as in British Columbia and Manitoba. The mustard is now able to be found in different locations in Gravelbourg: Styles, Café de Paris, Gravelbourg Co-op and Phoenix etc.

### WHERE TO EAT:

Café de Paris

306 Main Street, Gravelbourg

Monday to Friday 8 a.m. to 7 p.m. and Saturday 8 a.m. to 5 p.m.

The unique and cozy café serves things like paninis, crisp sandwiches and salads and home baked goods



Some of the medical supplies on display at the Gravelbourg and District Museum. BRAD TITTS PHOTO

It has a variety of hot and cold drinks and also serves breakfast. Check in corporate Gravelbourg Mustard into some of the recipes.

### WHERE TO SHOP:

Styles

306 Main Street, Gravelbourg

Monday to Saturday 10 a.m. — 5:30 p.m.

The store is divided into two parts and sells everything you can imagine from home wine and garden to seasonal to popular clothing brands to small appliances and furniture. There is a large discount section as well. The store (although not fully

atop is directly attached to Café de Paris.

### WHERE TO STAY:

The Historic Bridges Residence Bed and Breakfast

115 First Ave. West Gravelbourg

If you want to make the day trip into something a bit longer, the historic Bridges Residence Bed and Breakfast is a unique way to do it. Built in 1938, the heritage building served as the bishop's residence from 1990 to 1996. It's since been turned into a bed and breakfast with a variety of room styles to choose from including ones with private fireplaces and balconies.

# BEAT the HEAT

Find Your  
Comfort  
Zone



SackEnergy effort has progress in promote the installation of heating and cooling equipment in business and commercial buildings. (Sack file photo)

## High-efficiency equipment benefits for businesses

By Robyn Tucker  
for SP Special Features

Business processes are continually changing, and the importance of the daily operations of a building's mechanical system is no different. Installing high-efficiency equipment is beneficial for many types of businesses. SackEnergy offers two programs that promote the installation of heating and cooling equipment in business/commercial buildings.

The first is the Commercial HVAC (Heating, Ventilation & Air Conditioning) Program, only available through participating SackEnergy Residential and Commercial Network Members. Under this program, incentives are available for the installation of eligible furnaces, boilers and rooftop units. Commercial boilers and pumps are also eligible under this program.

The second program is the Commercial Boiler Program. This program is only available through participating SackEnergy Commercial Network Members. In this program, incentives are available for eligible condensing boilers, non-condensing boilers and pumps.

There are many types of commercial buildings that are able to participate in the program. Some of these buildings

include municipal buildings, non-profit organizations, dental offices, restaurants, mechanical shops, non-residential term buildings, office towers, apartments, condominiums, large retail locations or strip malls.

"These programs are designed to encourage commercial property owners to choose the most energy-efficient equipment available to maximize their energy and cost savings and reduce emissions into the environment," said Kent Nelson, Customer Technology, SackEnergy. "These programs are funded by SackEnergy and SackPower and are available until Nov. 30, 2013. However, we strongly encourage customers to think about making upgrades now, during the summer months, instead of waiting until fall."

The equipment has many benefits, especially from a business perspective. "We have a customer who, since the end of 2008, has upgraded 10 boilers through the Commercial Boiler Program and has received over 355,000 back in incentives, with units in some buildings saving them an additional \$25,000 per year on the building's heating costs. In a short period of time, much of the heating equipment has paid for itself."

High efficiency equipment also increases building comfort levels,

reduces maintenance costs, saves space, increases the building's marketability, provides better return on capital and reduces greenhouse gas emissions. Nelson said that reducing a building's heating costs by \$25,000 is equivalent to taking 42 cars off the road.

"From a community standpoint, choosing the most efficient equipment available is a good for both energy savings and the environment," he added.

As people continue to look for ways to save energy and be more environmentally conscious, the installation of high-efficiency equipment will continue to grow. Programs such as the ones listed above help make it easier for people to invest in the equipment when constructing a new building or making upgrades to an existing property.

"Heating and cooling equipment is no different than upgrading appliances or vehicles to make them more energy efficient and reliable," said Nelson.

"High-efficiency equipment is a key component of a piece of business, providing comfort for customers and employees, and long-term cost savings."

Visit [sackenergy.com](http://sackenergy.com) for more information, including listings of eligible equipment and information on participating SackEnergy Network Members.

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# ON THE SCENE

See more On the Scene photos at  
[Facebook.com/BridgesYXE](https://www.facebook.com/BridgesYXE)

## # WESTERN CANADIAN BREEDERS ARABIAN HORSE SHOWCASE



The Western Canadian Breeders Arabian Horse Show was held July 12 to 14 at Phoenician Park. An Arabian horse showcase was held Saturday night that spotlighted the breed's diversity and beauty. The showcase drew about 900 people to watch horses perform in a variety of disciplines, from jumping and side-saddle to native costumes and western pleasure. Highlights of the evening were the headline and walkabout classes for children, along with a judged liberty class and a freestyle riding demonstration featuring Tonto and the Lone Ranger.



1. Riders dressed as Tonto and the Lone Ranger perform a freestyle riding demonstration.

2. Toddler and his show hawk mount Lady's Man 18th period by Dennis and Willy Miller.

3. Candice MacIsaac

4. Naim H. Chawak and one-year-old Olivia

5. Debbie Stoney

6. Murry Popplewell with his mare Payola and grand daughter Lyle Sakumbak in the headline exhibition class

BRIDGES PHOTOS BY LIAM RICHARDS

# ON THE SCENE



## Authentic Amish Cooking



### ANGEL BISCUITS

- 2 pkg Active Dry Yeast
- 1/4 C Warm Water (110-115°)
- 2 C Warm Buttermilk (110-115°)
- 5 C All purpose Flour
- 1/4 C Sugar
- 1 T Baking Powder
- 1 T Baking Powder
- 1 T Salt
- 1 C Shortening
- Melt Butter or Margarine

Dissolve yeast in warm water. Let stand 5 minutes. Stir in the buttermilk, salt and 1/4 cup shortening. Then blend shortening. Then blend shortening in until coarse meal. Then stir yeast part in. Turn onto a lightly floured surface. Roll it out 1/4 inch thickness. Then cut with cutter. Cover and let rise in a warm place for 1 1/2 hours. Bake at 450° for 8-10 minutes. Yield: 2 1/2 dozen.

### CHICKEN BITS & GRAVY

- Chicken cut in bite sizes
- Garlic Salt optional
- Onion Salt optional
- 4 C Chicken Broth
- 1 L Chicken Base or to taste
- 1 can Cream of chicken soup, optional
- 4 T Flour
- 8 T Corn Starch
- 1 C Milk
- 10 Eggs
- Reserve Chicken Drippings



In frying pan, sauté chicken sprinkle sparingly with onion salt and garlic salt, until no longer pink. Put in crockpot. For gravy, heat broth, drippings and chicken base to almost boiling. Meanwhile, in a bowl, mix corn starch, flour, eggs and milk until smooth. Add to hot broth, stirring constantly. If broth is too hot, gravy might be lumpy. Cook until thickened. Add undrained soup. Pour desired amount over chicken. You might have extra depending on the amount of chicken. The gravy is great heated up. Depending on your time available, it is best if baked in low oven of 250° for several hours, but you can also bake it for 30 minutes.

*This is a family favorite!*



Chicken and people are alike in that the more you give them, the less likely it is that they'll scratch for themselves.

Cookbook available in Authentic Furniture

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## EVENTS

## # MUSIC

Thursday, July 16

**Glen Adler**  
Crackles Restaurant and Lounge  
46-127 Pinchouse Dr.

**Stuck in the '80s**  
Beds on Broadway,  
817 Broadway Ave.

**Hazareth w/ Rippetstein and The Slogans**  
The Edison Events Centre,  
241 Second Ave. South

**Blue King Brown**  
Amigos Cantina,  
632 10th St. East

**Friday, July 17**  
**The Rhythms**  
Fairfield Seniors' Centre,  
2415 Flammont Court

**Kashmir**  
Beds on Broadway,  
817 Broadway Ave.

**Ladyhawke**  
Army & Navy Veterans Club,  
309 First Ave. North

**One More Trailblazer**  
Mushy's Saloon,  
3330 Elphinstone St. East

**Cru FM's '80s Cabaret w/ Chilliwack, The Odds and The Rebel Co.**  
The Edison Events Centre,  
241 Second Ave. South

**The Resignations w/ The Skunkworks**  
Amigos Cantina,  
632 10th St. East

**When's My Muller**  
Mushy's Pub & Grill,  
1633A Highway 101 North

**Krooz Brothers and Zoro Cool w/ Exotension and Zombie Ruffcut**  
Rock the Bottom,  
63-08 Broadway Ave.

Saturday, July 20

**Kashmir**  
Beds on Broadway,  
817 Broadway Ave.

**Harry Startups**  
Mushy's Saloon,  
3330 Elphinstone Dr.

**Ladyhawke**  
Army & Navy Veterans Club,  
309 First Ave. North

**When's My Muller**  
Mushy's Pub & Grill,  
1633A Highway 101 North

**My Choice Right w/ The Mean Vangelis Town**  
632 10th St. East

**Aperté and Culch Titled**  
The Edison Events Centre,  
241 Second Ave. South

**Jay Amer w/ Cult Babes and Samantha Savage Smith**  
Amigos Cantina,  
632 10th St. East

**When's My Muller**  
Mushy's Pub & Grill,  
1633A Highway 101 North

**Open Air 2015 w/ Ryan, Billy Stitches, Cassette Serenades, Chronobest, Singu- lar, Arcademics, Wretched, Breakables and Devils**  
Rock the Bottom,  
63-08 Broadway Ave.

**Cru FM's '80s Cabaret w/ Chilliwack, The Odds and The Rebel Co.**  
The Edison Events Centre,  
241 Second Ave. South

**Harry Startups**  
Mushy's Saloon,  
3330 Elphinstone Dr.

**Wednesday w/ Neurotic and Chemo-bell**  
Rock the Bottom,  
63-08 Broadway Ave.

**R.A. the Rugged Men, Klee Major and Life Unspoke w/ Heslie and Theives, Killa Inna, and Gayle Rankle**  
Amigos Cantina,  
632 10th St. East

**When's My Muller**  
Mushy's Pub & Grill,  
1633A Highway 101 North

**Tonight It's Poetry**  
Lyn's Pub,  
600 Broadway Ave.

**Monday, July 22**  
**Rosa Nelson**  
Beds on Broadway,  
817 Broadway Ave.

**Tuesday, July 23**  
**Rosa Nelson**  
Beds on Broadway,  
817 Broadway Ave.

**Steve Tarte & The Dukes**  
Duke's Dunes Casino,  
204 Dakota Dunes Way,  
Whitby

**Open Mic**  
Lyn's Pub,  
600 Broadway Ave.

**Wednesday, July 24**  
**Rosa Nelson**  
Beds on Broadway,  
817 Broadway Ave.

**Thursday, July 25**  
**Open Mic**  
Lyn's Pub,  
600 Broadway Ave.

**Friday, July 26**  
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**Tuesday, July 30**  
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**Wednesday, July 31**  
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600 Broadway Ave.

## What you need to know to plan your week.

### Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

PHOTO COURTESY OF THEATRE PHOENIX

PHOTO COURTESY OF THEATRE PHOENIX

#### Western Development Museum

Unit 342, 343 at 2610 Lanae Ave. South Love Birds by Kim Adams. The sculpture exhibit playfully romanticizes everyday materials, from a washing, green glass, automobile belts, tires, and model train parts transform into fictitious worlds and imaginary landscapes. It is presented in collaboration with the Miroslav Art Gallery. On July 20, 11 a.m. to 3 p.m., at the WDM, make sculpture inspired by Adams's assemblage with Miroslav Joffe.

#### Kennerley Plaza

Unit 360, 361 at 375 Cornish Rd. The Saskatchewan Landscapes, paintings by Jay Masdal.

### # SPECIAL EVENTS

#### Saskatoon Summer Programs

Thursday, Aug. 28, 7 p.m. to 9 p.m., at Third Avenue Centre, 304 Third Ave. North. Performances by local musicians from 4 to 10 p.m. July 18 featuring Boulevard by Rick and DJ Miroslav Miller. Visit [www.thirdavenue.org](http://www.thirdavenue.org).

#### Experience Saskatoon

**Saskatoon Sale**  
July 18, 10 a.m. to 9 p.m., July 19, 10 a.m. to 6 p.m., July 20, 10 a.m. to 5:30 p.m. along Second Avenue and 2nd Street. Saskatoon's kids and live entertainers are downtown Saskatoon.

#### Next Creek Music Festival

July 18-21 at the Next Creek Festival Grounds off the River Four-days of Saskatchewan, Canadian and International music, art and workshops. Featuring: Tony Danza, Jennifer Rask, Patricia and the Vipers and Sled the Whale. Next dance theatre, spoken word, visual art and children's area.

#### Back to Backstage 2013

July 18-21 at Etobicoke National Historic Site, 5040 north of Saskatoon. Celebrate the 150th birthday of Saskatchewan with live performances by Denny Demme, Jim Lee, Dallas & Phil Egan Band, New Nation, Chris Price, Rick and Kaitia Mena, and the John Arcand Show with juggling, fishing, square dancing, acrobatic entertainment, old time dance, vaudeville, chuckwagon and chariot races and Voyageur Games.

#### Festival of Inspiration

July 19, 7 p.m., at Broadway Theatre. Hosted by the Krishna Culture Festival. An evening of eclectic music, dance, theatre, and Indian stories and food from the Krishna culture of India.

#### 40th Annual Saskatchewan Handcraft Festival

July 18, 12 p.m. to 7 p.m., July 19, 10 a.m. to 6 p.m., July 20, 10 a.m. to 6 p.m., at Saskatoon City Centre, 2000 10th Ave. A variety of handmade goods including jewellery, pottery, clothing, visual arts, stained glass and turned wood. With crafts for kids games and activities on June 20, 10 a.m. to 6 p.m. A pancake breakfast will be held July 21, 9 a.m. to 11 a.m. The breakfast is hosted by Credenberry's Coffee Cafe and breakfast makers are welcome and needed.

#### Live at Launch on Broadway

Saskatoon through August 10, 10 a.m. to 10 p.m., at Victoria's Famous Little Stone Stage. Showcasing local musicians and bands. July 20 the Nobles and the More Troubadour.

#### Cameo Family Day at the Zoo Fundraiser

July 21, 10 a.m. to 5 p.m., at the Saskatchewan Zoo, 1000 Park & Zoo. Free picnic beans for the first 500 children. Entertainment for all ages with Brenda Baker, Woody Wood, Pantomime Shows.

and students, activity stations, visits from socialized animals, and a rooster fight show. Funds raised support the Saskatoon Zoo Society.

#### Bricks by the Bus Show and Show

July 21, 8 a.m. to 4 p.m., in front of Bus Stop for Freshmen in Saskatoon's downtown. Saskatchewan's British Car Club annual Show and Shine.

#### Guided Walking Tour

July 21, 2 p.m. in front of the Saskatchewan's residence at the Forney Farm Park. Provided by the Friends of the Forney Farm. The house is open for tours from 1:30 p.m. to 3:30 p.m. Refreshments are available at a nominal price.

#### A Taste of Saskatchewan

July 20, 12 p.m. to 4 p.m., at 4 p.m., at Kinsmen Memorial Park. Featuring house foodies from 30 local restaurants. With live entertainment. Food costs are available at the park.

#### Raptor Flight Show at the Zoo

July 21 to Aug. 4, 11 a.m., 2 p.m., and 4 p.m., at the Saskatoon Forney Farm Park & Zoo. The Canadian Raptors Conservancy will visit the Saskatoon Forney Farm Park and Zoo with their collection of trained raptors. A flight demonstration and an educational commentary on each of the birds by a Raptor Interpreter. At 1 p.m., July 22 to Aug. 4, 11 a.m., and the Saskatoon Hawk Inside the Affinity Learning Centre.

#### Living History Young Pioneer Camp

July 22-26, 11 a.m. to 4:00 p.m., at the Western Development Museum. For children ages seven to 10. Experience the work and play of our pioneers. Activities include baking bread, making

butter and ice cream, grinding wheat, washing clothes and learning to milk a cow. With pioneer games, stories and songs.

#### Walk on Wednesday: History Along the River

Wednesday through Aug. 14 at 12 p.m., starting at Mervyn Valley Centre. History information walks along the river, and Nuts and Broadway area.

#### Standing in the Park

Wednesday, until Aug. 7, 7:30 p.m. to dusk, weather permitting, at River Landing Amphitheatre. Scottish social dancing presented by the Saskatoon Scottish Dance Society. Experience is not necessary and partners are not required. Wear comfortable, casual, non-slip footwear. Email [saskdances@meubook.org](mailto:saskdances@meubook.org) or call 326-664-7045.

### # THEATRE

#### Eighth Annual FLOYD Youth Theatre Festival

July 24-27, 7 p.m. at The Refinery. With seven new plays written, directed and performed by people ages 15 and under. Featuring a musical, a play written in the form of spoken-word poetry, physics solving the Higgs Boson in plain mechanics, a hoard of comets and planets that tie into emotions that help close to home.

#### Theatre in the Park: Alice in Wonderland

Runs to July 26, 7:30 p.m. Monday to Friday and Sundays at 2 p.m., 11 p.m. in front of Mervyn Valley Centre. Presented by Star Theatre Ensemble. Actors at the natural beauty of the park to tell their story. When Alice falls asleep while searching with her family, the things she sees before she falls asleep manifest themselves into her wondrous dream. Ponder tables garbage cans,

umbrellas and soccer balls become machines that they come. Visit [www.startheatre.com/schedule](http://www.startheatre.com/schedule)

#### Self-Heal Moon

Runs to July 28, Tuesday to Saturday evenings, and Wednesday, Friday and Sunday afternoons, at Station Act Centre in Saskatoon. For an evening, Mary and Jacqui express the business and the importance of young love as Jacob tries to win back Mary's affections.

#### Shakespeare on the Saskatchewan

Runs to Aug. 25 at the Shakespeare site along the river. The Comedy of Errors is a family-friendly comedy of mistaken identities. Meet with a bold and bloody romance tragedy. See a madman. Reunited on July 16, a pizza night fundraiser on July 25 and Sunday July 26.

### # SPORTS

#### Thoroughbred Racing

July 19-20 at Marquis Downs. With jockeys from Trinidad and Jamaica.

#### Ontario-Car Soccer Kicks in the Park

Mondays to Fridays until Aug. 22 at City of Saskatoon. Free games and youth centre visits. Presented by Saskatoon Youth Soccer Inc. A drop-in summer program for ages four to 16. For a schedule visit [saskyouthsoccer.org](http://saskyouthsoccer.org).

#### Weekly Summer Basketball Camps, League and Tournament

Runs to Aug. 29 in Saskatoon. Offered by Young Athlete Saskatchewan. Camps are held daily, school and school personal. Come live in the youth centre. Eight to 16 of all levels of athletic ability and experience. Visit [www.ya.ca](http://www.ya.ca), call 326-342-2435 or email [rhylf@ya.ca](mailto:rhylf@ya.ca)



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# GARDENING

## # PERENNIAL GRASSES

# Ornamental grasses provide year-round interest

By Eri Svendsen

Ornamental perennial grasses have been catching on in the garden for a while now. For the uninitiated, they add height, colour and a spiky texture that is unique in this group of perennials.

Depending on the site, some species add the additional dimension of sound (rustling) and movement (swaying) in late summer breezes.

They start growing earlier than most other plants, soon shooting up and heads in early summer, often double to triple the height of the foliage. Into the fall, the foliage and seed heads turn a tawny brown and, depending on the species, they provide visual interest throughout the winter.

If you leave the foliage for the winter, you have to be quick about cutting it back as spring as soon as the snow melts to avoid also cutting the early sprouting sprigs. Or you can avoid the rush and cut them back in the late autumn before snowfall.

Three of my favourite ornamental grasses are blue fescue, blue oatgrass and Karl Foerster feather reedgrass. While all different, they have the common feature of being well behaved, non-invasive, cheap, hardy grasses.

Starting with the shortest of the three, blue fescue (*Festuca ovina*) reaches 10 to 30cm tall and wide, depending on the cultivar. Seed heads add additional height, to reach about 50 to 100cm. Plants start out light green in the spring but by midsummer the narrow spiky leaves take on a distinctly blue hue.

It grows best in full sun to light shade, and in drought and heat tolerant. It does not like wet conditions and will eventually die out if kept too moist. Blue fescue is a dependable, low-maintenance blue cultivar.

Blue oatgrass (*Deschampsia cespitosa*) is a mid-sized grass, 50 to 100cm tall. The slightly arching seed heads overtop the foliage, often double the height of the foliage to a maximum height of 75 to 100cm. The leaves are broader than the blue fescue and are also more supple, arching over almost to the ground, causing the mound to resemble a small, intensely blue fountain.

I have several clumps of plants in my yard in full sun to part shade. As a rule, they prefer well-drained and moist soil. That said, once established blue oatgrass is considered drought tolerant.

Karl Foerster feather reedgrass (2-4

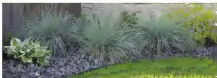


Karl Foerster at the Saskatoon Forestry Farm Park and Zoo. PHOTO COURTESY OF KATHLEEN WINGOLD

ovata) is a tall grass, 1.5 to 2m tall, in full sun to light shade, and in drought and heat tolerant. It does not like wet conditions and will eventually die out if kept too moist. Blue fescue is a dependable, low-maintenance blue cultivar.

The seeds are sterile, so it will never become a weed problem. The heads make an excellent addition to both fresh and dried arrangements. The leaves are about one cm wide and dark green. Karl Foerster is an adaptable perennial able to grow in bog gardens but also tolerates (and thrives) in heavy clay or dry sandy conditions. Plant it in full sun to part shade. Because of its broad appeal and versatility, Karl Foerster was the 2000 Perennial Plant of the Year (www.perennialplant.org). Oatgrass feather reedgrass is a similar cultivar, with shorter and more compact variegated foliage.

This cultivar is provided courtesy of the Saskatoon Forestry Farm Park and Zoo.



Blue oatgrass. PHOTO COURTESY OF ERI SVENDSEN

Kathleen Perennial Society (www.perennial.org) can email [announcements@kpsnw.com](mailto:announcements@kpsnw.com)

### Announcements

July 19 and 30 45th Annual Lily Show at the Mall at Laurent Heights (15th Promenade Drive). Lily shows go on sale after the Saturday show

at 11 p.m. Sponsored by the Canadian Perennial Society (www.perennial.org)

Gardenline is open for the season. Call 366-966-966 (long distance charges apply) Monday to Thursday. Or send your questions to gardenline@vancouver.ca



# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

#HENRY K. RIPPLINGER

## Angelic Letters a miraculous experience

When I was to say the one of my most inspirations in a guidance counselor was to write a self-help book. When I made several attempts to do so, my firm to work and developing my art career overshadowed my goal to write the book. I have always been honest, even if it was a dream a burning passion in his heart, that it will one day come to pass. I would never have overheard the wonderfully creative way it would come about.

In 2003 I had an extraordinary "sparked" experience which I now refer to as the angelic occurrence. It happened for me years, almost begging me to write about it. Then one morning in 2008 as I sat on the stairs of our home watching the sun come up, it came to me like a lightning bolt! The

deeper meaning of the occurrence. It was not only a testament to the enduring power of love, but that it revealed guardian angels and miracles.

Stripping out of faith, I immediately picked up a pen and scribbled on the end table and simply began to write. It was my intention to write about this unbelievable experience, but within days the book began to have a life of its own. Through the development of the characters, lessons of life began to emerge. In the weeks and months which followed I realized that I was writing my self-development book. What's more, rather than describe a series of day and night as if



Henry K. Ripplinger

would have if I had written the book earlier in my life, it came to me that wisdom, teachings and lessons are far better absorbed not intellectually, rationally and spiritually through a story!

The Angelic Letters Series couldn't have made a more perfect storyline conclusion. On the one hand, we have a tender-hearted eye live sign that has blossomed into an intriguing plot exploring the hearts and minds of so many readers that on the other hand, we have the real essence of the story which are the life lessons revealed to us by the characters, especially, Mr. Ripplinger, an endearing and wise elderly man who becomes the main

character's mentor.

Book 1, *The Angelic Letters*, Series has won two Gold Medal Awards in 2013/2014: the Independent Publishing Book Award in Religious Fiction and the Living Now Book Award in the Independent Category Book 2, *Angelic Letters*, Series has won the 2015 Silver Medal Independent Publishing Book Award and Book 3, *Angelic Letters*, Series, has become a Canadian bestseller in less than two months. Book 4, *The Angelic Letters*, Series has won the April and is already a Canadian best seller. Both *Angelic Letters* and *Angelic Letters* of Love are currently listed on the Globe and Mail top 10 bestsellers in Canada. The combined sales to date exceed \$5,000 books.



For more information on the Angelic Letters Series visit [www.henrykripplinger.com](http://www.henrykripplinger.com)

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**Sat., July 20 from 1:00 - 3:00 pm**  
Some Assembly Required  
Join Mendel Art Gallery Staff and make sculpture inspired by Kim Adam's assemblage, Love Birds  
Love Birds is on display until Sept 2

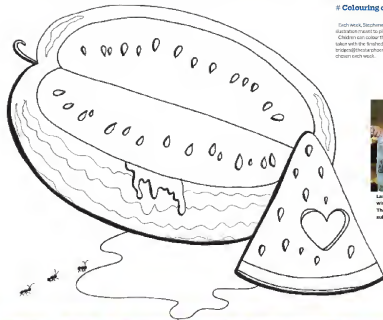
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# OUTSIDE THE LINES



## # Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [trished@houseofmcm.com](mailto:trished@houseofmcm.com). One winner will be chosen each week.



Last week's contest winner is Jake Isak. Thanks to everyone who submitted entries!

**For the Toys you've Always Wanted**

The Giggie Factory is turning 10!  
Our big birthday party will be on July 20th  
with a lot of fun stuff planned!

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# MUSIC

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## #THEVODUHOOUNDS

# Acoustic side project gaining momentum in province

By Andrew Matthe

The Vodu Hounds is a four-piece made up of 30-something Reggae men, was formed as a tribute to cannabis.

Born out of a jam session between guitar players Andrew Durrell and Andre Meja, the Vodu Hounds began playing acoustic versions of songs based on their spirited, electrified originals. The band created and wrote originals while still adhering to the acoustic mandate, with the help of bass player Angus Livingston and drummer Kelly Lastrapad.

The acoustic theme is one of the reasons for the growing popularity of the band, which has played a spate of recent shows in the Queen City. The band also serves as a perfect diversion for the like-minded musicians, all of whom are members of other Reggae bands enjoying similar success.

"Sometimes, it's a side project. But then it feels like an all-star project," said Meja, who calls Canadian progressive-rock heroes Rush as one of his top influences. "That is definitely not just a side project. But sometimes one band might get more attention than another. But that's OK."

The Vodu Hounds came about after a suggestion during an impromptu writing session with Durrell.

"Andrew started to write a few riffs and we started to write a few songs together. So then it became, 'Hey, maybe we just start another band,'" said Meja. Freshman of Regina's Meja, who enjoys the collaboration that exists among Vodu Hounds members.

"It's a neat that all the guys can come together with lyrics and that kind of thing," said Meja. "We heard really well in terms of songwriting... It's nice to have that support especially because so much of our songwriting goes so well together. In my other electric band, I do most of the song writing."

Among the first songs the Hounds tackled were Free Kicking by The



Vodu Hounds band members (from left) Kelly Lastrapad, Angus Livingston, Andrew Durrell and Andre Meja. Andrew Meja photo by Andrew Matthe

Pony and Acoustath's Sweet Remains.

"We tried to take acoustic songs and non-acoustic songs and make them all work within an acoustic sound," said Meja, adding the band sounds like a combination of The Beatles, Green Day and the Eagles.

Meja said it's not uncommon for a new song to come together before deciding which band it's best suited for.

"Because it's all acoustic music, it's usually pretty obvious where the music is going to go. If I have an electric song, I know where it will go," said Meja, adding the Hounds understand there are occasional

competing interests among his bandmates.

"Maybe there might be a little jealousy or someone might feel weird because one person's band might have a bigger gig or whatever. But we're all friends and we're happy to support each other."

As for the future, Meja doesn't

rule out the potential for dramatic changes, but the acoustic sound is working for the time being.

"Eventually there could be some electric sounds or some phase. But for now there is enough creativity happening in the band that it seems to work. We're going to make the best of it."

# SHARP EATS

## #SASKATCHEWAN FOOD TRENDS

### Online food ordering way of the future?

By Jenn Sharp

You're craving pizza but don't want to phone for delivery and be put on hold. Maybe you want lunch delivered to your office but will be in meetings so you need to pre-order.

This is where an online food delivery service comes in handy. Just Eat has launched recently in Regina and Saskatoon. (The province's first online food ordering system, Skip the Dish, started in Saskatoon, then later in Regina, last year.)

At press time, Just Eat has 26 restaurants listed in Saskatoon and 14 in Regina. The beauty of ordering food online is that you get the food you want when you want it. You're never put on hold and there are no misunderstandings that can happen when an order is taken over the phone. Restaurant owners love the lack of on-call hours and save appreciate the simplicity. Popular in Asia for years, many predict online food ordering will make calling a restaurant for takeout obsolete in the future.

Just Eat's site is easy to navigate and includes a fairly few special instructions. The mobile site is only slightly less user-friendly. A screen prompting you to "tip the driver" appears before one orders food but doesn't come up again. It's difficult to know how much to tip the driver until you know your food total at the end. I would have liked to see this screen appear before the final order is sent.

I chose three different times to order food from Just Eat restaurants in both cities. The first order from Swedish (South Asian Eat) in Saskatoon went smoothly. I quickly received a confirmation email and later a phone call from the restaurant to inform me one of the items was unavailable. The food took about 30 minutes — not uncommon over the busy dinner hour. I was less impressed with the quality of the very low veggie burger but it was still okay.

I ordered on Canada Day from the Pita Pit in downtown Saskatoon by the way delivery is \$6 for orders below \$40 so you better really want that pita! I liked Just Eat's online form for choosing toppings and extras, and can see the benefit of ordering something like this online. I also like specific delivery address notes. I was at the office and the main doors were locked on the holiday.

The delivery driver was never given these instructions (he was actually given the wrong address entirely) which resulted in him walking around outside for 10 minutes trying to find



A complete meal delivered to your door is just a few clicks away with Just Eat. (PHOTO PHOTO BY MICHELLE BIRD)

the right door. A Pita Pit employee eventually called me but my pizza was a soggy mess by the time I got it.

The driver later told me he usually gets to see all instructions, along with a contact phone number left on the Just Eat order. In other words, the system works great when it's used properly.

The last experience by far was from Afghan Cuisine and Peshawar Restaurant in Regina when I tried Just Eat's pre-order option. Once Afghan Cuisine opened, I got a confirmation email. The food (which was delicious) arrived piping hot and 10 minutes ahead of schedule. Afghan Cuisine's menu has a few items I hadn't heard of but with the excellent online descriptions, I felt confident trying a few new things.

I can certainly see the advantages the site would have for a busy family — dinners could even be pre-ordered during the work day to arrive as everyone gets home. The only downside

is that it's hard for a solo diner to order from the site. Many restaurants don't offer delivery below \$10 or even \$40 so each person has to order a lot of food, or in the case of Pita Pit, to still get a pizza (give tip) for a pita. Convenience is one someone has to be prepared to pay for it.

Just Eat's marketing campaign takes advantage of the fact many families are too busy to cook. "Don't cook tonight!" is displayed prominently on the site's main page. This sort of tag message speaks to parents feeling guilty about ordering takeout.

A playful YouTube video on the blog promotes cooking is more difficult than following a recipe from a cookbook. Don't cook. Just eat.

Another post declares celebrity chef needs that claim to only take 15 or 30 minutes to make "Jasmine Oliver's Asian Pita and Ultimate Park Tacos" is 10 minutes? Ultimately impossible! It should take 10 to 15 minutes alone to cook your

pork," claims one post.

I can appreciate all this from a marketing standpoint but from a foodie's it makes no sense. Research has shown obesity rates are directly tied to how much one cooks at home versus diets out. In my personal experience, kids that help out in the kitchen from an early age usually have a healthier relationship with food and enjoy cooking later in life. There's nothing wrong with ordering in once in a while but to make it a daily habit, what's depressing cooking, is a mistake.

Just Eat was founded in December of 2000 and is now based in the U.K. Worldwide, 13 countries have signed up. Just Eat Canada operates in 100 cities and is launching a mobile app for the weekend on the 20 Aug. 1.

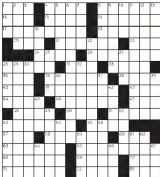
Check out the site for yourself at [www.justeat.ca](http://www.justeat.ca) and let me know what you think. On Twitter @JennKSharp or email [jsharp@thesaskbeacon.com](mailto:jsharp@thesaskbeacon.com).

## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Broadway  
4 As you a button  
6 A car running through them  
8 2009 sci-fi film based on a 1953 book  
14 Fox  
16 Abuse heater  
18 Gen's phenomenon  
19 Warner siblings' band  
20 Actor who directed "The Bandits' Musical"  
24 90° from 70°  
27 Day usually  
30 Flammable sheet  
34 Soda  
36 He's certainly naive  
38 "by and by"  
39 "Teddies & Ties" artist  
43 Coeur  
44 Lean button  
45 Neve Poliss  
46 Family  
48 Place to pined  
49 Calabash  
48 Long to be exposed  
48 Bit of many a tale  
48 English word derived from French  
47 Spanish century start  
48 "Lo-Ti" lunch  
49 "Coke"  
50 Incontinent  
51 (Measure of explosive strength)  
51 Chicken for a chicken dinner  
52 Film  
53 Philadelphia's neighbor  
57 Early control system  
58 He's a "red" to other people  
59 "Coke"  
60 Auto the normal mode  
63 2012 software release in a bid to the stars of the answers to the stated clues  
64 Indebted by law  
65 Age target  
66 Policy's behavior  
67 First size



- 72 Not word after "Whereas" in the Roman 7  
73 Not too strict

## DOWN

- 1 Target starts 7  
2 Bad Teacher's vice 2011  
3 "Up-o'-my Thumb" figure  
4 Sir Police head person  
5 Virgin  
6 What makes head tie?  
7 Natural bladders  
8 ...less  
9 A ...way as golf clubs  
10 Age south of the border  
11 Near with the world's highest hills  
12 "Rubber" was once found there  
13 One concerned with pillars  
14 Virgin  
15 "I wish it that only 'My baby don't care'"  
16 Age expansion of Cuba  
17 Small lamp  
18 French composer (clue)  
19 "Julie" Lamp  
20 "Mozzy" did quit against  
21 "The Ballad" star 1968  
24 With standard  
27 "Teds" ...  
28 5/5/5/5  
29 4/4/4/4  
30 Contin to 17 grids  
40 Gully sweaters?  
42 Hensley board  
43 Musical counter-tenor  
44 Film  
45 Gully park  
46 Coupled pair part  
48 Use most names  
49 Was behind in movie  
52 Plaque Affili's leader  
54 "Freaky" members  
57 ...  
60 Like chest  
67 Rush hour hour

Photo by Benoit Babin

## # JANRIC CLASSIC SUDOKU

## Level: Silver

Fill in the blank cells with the numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Silver to Gold (hardest).



Sudoku is the crossword puzzle of the Sudoku world. See the Sudoku world on page 31.

## Saturday July 27th at the Odeon Events Centre

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**The Staff House**

## # ASK ELLIE

## Couple needs to heal together after husband's affair

**Q** My husband of five years had a two-month affair with a co-worker last year. It ended when I found out and confronted them both.

We went through six sessions of counseling before his company's benefits ran out. For the past six months, we've had several other stressful personal events.

But we hadn't fully dealt with the damage done to our marriage on the first place.

What's worse, he still needs to find another job despite numerous interviews. Sparring isn't an option, so we can't afford our marriage on one salary. We also have young children.

Although we've committed to staying together, he seems quite happy to just forget about it and never speak of it again. This leaves me still bitter, angry and hurt at his actions even though it was almost a year ago. We can't afford more counseling. How do I make the topic again and tell him that I'm still not

## Ask Ellie



fully healing?

**Still Hurt**

**A** When the benefits became unreliable again, get back to counseling. But encourage him to read Joni Sving's *After the Affair* and show him some of the passages — explanations of emotions and behaviors that are needed to heal together from this affair — that I have mentioned for you.

Just raising the topic, as in "I'm still hurt," isn't enough. You need other resources (though deserving more than a month-long search for solutions on how to mend, trust, and move forward as a couple).

Maybe you both have to talk him

into about why you each think it happened, and what still needs to change.

**Q** My sister and I haven't had a good relationship since we were born. She's 33. I'm 35. Both raised by warm-loving Asian parents.

She appears a popular bubbly so much, extroverted, fun extrovert, while I'm the introverted homebody. While she has friends over, she often me out of our parents' house.

It's because I'm the most embarrassing total here. Last year when my boyfriend visited, she hated him, labeled him as "Con artist," and told everyone how much she hated him.

She also repeatedly tells guys who are attracted to her — "The Ugly Duckling, Gold digger, Stupid, The Freak, Mental, Lame, etc." These guys are still around this party together. Is it me? What can I do to let her be kinder to me?

**Boring Elders**

**A** I don't know her side of what

shapes your relationship. But your version makes her sound like an arrogant person who intimidates people repeatedly.

You also haven't said why you still live at home. Adult sisters both living at home is a set up for sibling squabbles and you two have a history of that. It seems if you can find a way to gain some independence and get out to your own place, things will improve just by lowering contact.

Also, by accepting her treatment of you "as a bore" she has no reason to stay. Tell her you have to reach right to be there as she does, and only leave if you choose.

Otherwise, avoid her in case she's verbally abusive, but establish your own, may be to be at home comfortably — e.g. with your own friends over on a regular basis, watching a movie you enjoy etc.

Your loving parents must be aware of this rift. So talk to them, too. They must see it's not a healthy situation, and perhaps will help you move away here affordable, nearby.

**Q** I fear I might lose my best friend when I tell her I dated her boyfriend in 10th Grade. They're currently in a good relationship. How do I tell her?

**Worried Friend**

**A** He might tell her, so be upfront soon. Say he was very nice when you dated briefly, but at we sort see each other when you're young. But you'll grow up more and he's no right for her, that you're very happy for them.

**Q** I'm going to college in Japan, but there aren't really local people to myself, but I also need some social life so I don't slip into a deep-depression. Should I move into an apartment a shared house, or a dormitory?

**Uncertain Student**

**A** A shared house provides more space and some socializing. Use a therapist before leaving, to get some strategies to handle the new situation. Request email access in case you need to be in touch.



# Next week in BRIDGES

## Saskatoon rapper immortalizes the voice of the Toronto Blue Jays in song

# WINE WORLD

#RUFFINO ORVETO CLASSICO

## Pasta primavera calls for Italian summer sipper

By James Romanow

For the last month I've been very cheerfully eating up local food and pasta primavera. There is absolutely nothing easier to make than pasta primavera. Sautéing spinach can be a bit tricky but otherwise we're talking dinner in 15 minutes. Anyway I used asparagus here.

Essentially you cook and drain noodles of your choice. So definitely the veg of your choice and turn off the gas. Separate half a lemon over the veg, add noodles and toss. At this point you can add a splash of white wine, or just of the lemon rind, and toss further. You can also add some raw veg on top for colour: like tomatoes, fresh sweet or hot pepper.

The warts of choice for each dish are laid out. Unfortunately not every local producer fresh Italian whites other than either cheap versions of Pinot Grigio, so the selection is limited. On the other hand, there is absolutely nothing wrong with a nice rose (they appear seasonally) or Orveto.

Orveto is a blend of Pinotino, Grechetto and other grapes. Trebbiano, Verdicchio and Malvasia are all allowed. Depending on the producer, there is a fair amount of variation. Italian food is so ubiquitous but with Orveto that statement covers an awful lot of varietals and blending techniques.

Validation be damned — how does it taste?



Fabulous! It has a great bouquet of flowers and green apples and a delicate herbal smell. (Again is what I get it as ever so sticky sweet, with a perfect balance between fruit and acidity. The finish is lightly extended due to the chalky soil of Orveto.)

In short it's the perfect summer sipper. Buy some asparagus and Orveto and see for yourself!

Ballito-Orveto Classics, July 30th, \$13.99  
More fresh wine reviews on Monday's StarPhoenix or @jdubois on Twitter

## Crossword/Sudoku answers

ADD	ESPN	INROBOT
RIG	ALDE	DEJAVU
CARTIPS	EGOVAN	
REE	HUTTER	OLE
	CUSP	ISINFOR
LOGOS	TLC	PUFF
APP	SMOOR	BUFF
LEA	SKARD	NIA
DMG	ACTICE	DGI
GO	RAPI	FEVER
GO	RAPI	OTTO
IND	CARTICE	LEA
GRIPS	WINDSONA	
OCULT	ODOR	ITA
TEENEY	DENY	DIM

5	2	6	7	8	4	9	1	3
3	4	8	1	6	9	7	2	5
9	7	1	2	3	5	6	8	4
2	5	7	3	4	6	8	9	1
8	6	9	5	1	7	3	4	2
1	3	4	9	2	8	5	6	7
4	8	5	6	7	1	2	3	9
6	9	2	4	5	3	1	7	8
7	1	3	8	9	2	4	5	6

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